AROMA RELAXING MASSAGE

* 5 intense days in theory and practice.
* Warm up with centering exercises, breathing. A setting energy, to relax and connect with your inner being.
* Revision of the steps learned the previous day to make sure the participant have perfectly assimilated the massage technique.
* General Review, the last day that allows you to give and receive a complete session of aroma relaxing massage!
* Notion of aromatherapy. Essential oils and their health benefits.
* A detailed protocol to:
* Offer a full one hour massage.
* Make the most of this training
* Great the person who will receive the massage
* Know side effect
* Preserve your energy.
* The techniques will be shown in small sequences on a participant. They range from Californian massage to foot reflexology, facial and skull massage and belly massage.
* The program also runs according to the expectations of each group.

**NOTE:**

- Register via the website in tab contact us or by what's app: 012 225 1936

- Provide a swimsuit.

- Non-certifying training.

- Prices include breaks, lunch.

- 4 people / session

- Price: 600Rm / Person

- Schedule: 9h- 17h